

Stability Ball

Perform each move for 45 seconds of work with 15 seconds of rest between moves:

	Exercise	Work	Rest
1	Windshield Wipers	45s	15s
2	Leg Raises	45s	15s
3	1-Leg Leg Curl <i>Left/Weak Side</i>	45s	15s
4	1-Leg Leg Curl <i>Right/Strong Side</i>	45s	15s
5	1-Leg Pushup/Plank: Hands on Ball <i>Left/Weak Side</i>	45s	15s
6	1-Leg Pushup/Plank: Hands on Ball <i>Right/Strong Side</i>	45s	15s
7	1-Leg Kickstand Hack Squat <i>Left/Weak Side</i>	45s	15s
8	1-Leg Kickstand Hack Squat <i>Right/Strong Side</i>	45s	15s
9	1-Leg Pushup/Plank: Foot on Ball <i>Left/Weak Side</i>	45s	15s
10	1-Leg Pushup/Plank: Foot on Ball <i>Right/Strong Side</i>	45s	15s

That's 1 round. Perform up to 3 total rounds, resting 1-2 minutes between rounds.

